

# **CHILDREN'S SWIM LESSONS**

## **Session 2**

7 Classes for \$70.00



Walk in to any Class for \$14.00

### **WATER BABIES**

(approximately birth to 3 years, adult must be in water with child at all times, swim diapers must be worn)

Introduce your infant/toddler to the water, play games, sing songs,  
blow bubbles, play with inflatable balls and more!

### **LEARN TO SWIM, Level 1**

(approximately 3 to 5 years old, depending on individual ability)

Beginner techniques of swimming, flotation devices are used

### **LEARN TO SWIM, Level 2**

(approximately 3 to 5 years old, depending on individual ability)

Introduction to various strokes and techniques

Child must be comfortable swimming alone with aid of flotation devices

### **ADVANCED SWIM, Level 1**

(approximately 5 years and older, depending on individual ability)

Learn and practice all strokes, front and back

Instructor will determine who will/will not use flotation devices

### **ADVANCED SWIM, Level 2**

Must have completed Advanced Swim Level 1, or be invited by Instructor to join this Level

Focus will be on all 4 competitive strokes, flip turns and racing dives

- If you are unsure what level your child should sign up for, we will put you in contact with the instructor to determine this
- All classes are taught by Nancy Braun, a Red Cross Certified Water Safety Instructor
- Full payment for the session *is* required by the first day of class
- Payments **MUST** be made to Nancy Braun, cash or checks are accepted
- There are no refunds for missed classes or make up classes
- Late registrations will be considered pending space availability, with pro-rates available

## Session 2

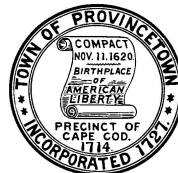
| Class                                 | Wednesday      |
|---------------------------------------|----------------|
| Learn To Swim, Level 2                | 3:30 – 4:00 pm |
| Water Babies & Learn To Swim, Level 1 | 4:15 – 4:45 pm |
| Advanced Swim, Level 1                | 5:00 – 5:45 pm |
| Advanced Swim, Level 2                | 6:00 – 6:45 pm |



| Wednesday Dates               |
|-------------------------------|
| April 7                       |
| April 14                      |
| <i>(no class on April 21)</i> |
| April 28                      |
| May 5                         |
| May 12                        |
| May 19                        |
| May 26                        |

Class Sizes will be LIMITED, so please STOP BY to register your child and reserve their spot in the class time and date of your choice!  
(this requires pre-paying for the class)

The Beach Point Health and Swim Club is proud to offer these swimming programs in conjunction with the Truro and Provincetown Recreation Departments



*We look forward to working with you and your children! Thank you!*